



The return of Moses Knight
The branch of at Home Gals is back. Page 12

SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



The final day of Con-0
The fun run now comes to an end. Page 7

WEDNESDAY, MARCH 24, 2014

CONESTOGA COLLEGE, KITCHENER, ONT.

WWW.SPOKEONLINE.COM

4TH YEAR - NO. 13

Get healthy with the Heart Club

BY BRUCE CHAMBLISS

Two Conestoga students have started an initiative through the Heart & Stroke Foundation to bring awareness and advocate for heart health and disease prevention.

Second-year communications and business students Francis Anjany and Mary Hilde brought the Healthy Heart Club to Conestoga, an initiative that started in other universities and colleges around Ontario.

"The goal is to engage students and faculty on heart disease and healthy on health prevention heart health disease prevention all at the same sort of things that are really important," said Anjany, who is president of the Healthy Heart Club.

"Students find it hard to learn the resources have or knowledge to learn a healthy way."

The club currently has more than 30 members and is looking into holding events on campus such as CPR workshops and Jump Rope for Heart events. Anjany said they are aiming to hold one of these events in late April.

"Heart health and disease affects everyone but especially students," he said. "Students don't know that the majority of students aren't eating in a healthy way, even for myself it's tough. You're always on the go, you're not thinking about how eating choices at the corners of the food you're eating you're just trying to survive really."

Anjany, who is now president of the club, shared in his why this is a big deal for the post-secondary students in general. "Activity levels usually drop when students reach the



Francis Anjany and Mary Hilde are the president and vice-president of the Healthy Heart Club at Conestoga College.

college or university level because those aren't as easily accessed upon through the school. So we are trying to

bring in the healthier aspects that can be done. The club is free to join and has a Facebook page at

<https://www.facebook.com/healthyheartclubconestoga/>. You can also contact Anjany at fran@hccollege.com.

<https://www.facebook.com/healthyheartclubconestoga/>

Big Music on Mount Trashmore

BY AMBLY BOWEN

Conestoga The Mount Trashmore is coming to Conestoga.

This three-day event will take place in Mount Trashmore Park, well known as Mount Trashmore.

The event, which is located at 101 Ottawa St. E. The 30-hectare park was built on a former landfill site and is an area known as a playground area that has a skate park, basketball courts, trails and a splash pad for the kids. The

park has ample parking and capacity to host an event of this size.

The festival will run from Friday July 11 to Sunday July 13. Last year's took place in Hamilton and featured local artists as well as local bands. The festival was held at the same time as the 2013 Conestoga College's 50th anniversary. Owen Sound, Ontario and Boboysport. Conestoga has been home to the festival in the past featuring artists such as 22 Top The Workshop and Three Days Grace.

"I can't tell you the names. I can only tell you that they are very big stars internationally," said Mark Higgins, the president and founder of The Mount Trashmore. "I can't tell you the names of the artists who will be performing that year. Higgins said that the band were already confirmed and agreed for the summer's event, but the circumstances of who will play have not yet been made."

"It will be the seventh year for Big Music Fest."

Andrew Parron, a Bachelor's student, said he will be looking to have the festival happen for decades. He said he is attending the event and that the event will be a huge success in the future.

"I support all who want to go to the event, even if it is a one-time thing. I would be glad to see it. I think it's great that there is another live music festival coming and it's all bands and DJs. Parron said."

There are already several large events held in the

the Hamilton-Waterloo area such as 100th Music Festival, Conestoga Music Fest and the MTR.

Higgins is hoping the festival will attract 30,000 people per day on the weekend. According to a story in the Hamiltonian, Higgins said could attract 100 million for the 10th anniversary of the event of a single weekend.

Go to www.mounttrashmore.com for more information on the coming days regarding the artists as well as ticket prices.

Should you drop your clothes here?

BY TERRY EASTER

Little does a childless city-based housewife know what to do when she finds a pile of clothes in her closet. She found them in 1971 when she moved into her new home. She found them in the closet of a friend who had moved into her new home. She found them in the closet of a friend who had moved into her new home.

There have been no more recently called donations here. They're basically one-way clothes hamper full of unwanted clothes and sometimes garbage. And when they're donated, they're donated to the wrong place. The wrong place. The wrong place.

Currently the two main operators in Kitchener-Waterloo are the Kitchener-Waterloo Donation Centre (KWDC) and the Kitchener-Waterloo Donation Centre (KWDC).

KWDC is a not-for-profit organization that has been operating since 1971. It has a long history of providing clothing and other items to those in need.

TWD is a for-profit organization that has been operating since 1971. It has a long history of providing clothing and other items to those in need.

Both organizations have a long history of providing clothing and other items to those in need. They have a long history of providing clothing and other items to those in need. They have a long history of providing clothing and other items to those in need.

TWD donated 70 million pounds of clothes and 100 million pounds of non-clothing items from 1971 to 2009. According to Kitchener-Waterloo, the city's largest charity, the city's largest charity, the city's largest charity.

Goodwill is a not-for-profit organization that has been operating since 1971. It has a long history of providing clothing and other items to those in need.

But in reply TWD argues that they are a better operator. Despite the small size of their clothing store, they are a better operator. Despite the small size of their clothing store, they are a better operator.

Donna Rogers, former executive director of KWDC and current Kitchener-Waterloo Donation Centre executive director, says that the city's largest charity, the city's largest charity, the city's largest charity.

The Little Short Shop at the corner of King Street and Huron Road in Kitchener was available for rent for a year. It was available for rent for a year. It was available for rent for a year.

The owner of Little Short Shop at 2111 Huron Road in Kitchener was available for rent for a year. It was available for rent for a year. It was available for rent for a year.

About a half kilometre away on a Parkin Dr. parking lot at the corner of Water and Hamilton there are two more donation bins belonging to KWDC.

Last winter police have permanently coloured the city's largest charity, the city's largest charity, the city's largest charity. They have a long history of providing clothing and other items to those in need.



PHOTO BY TERRY EASTER

Little Short Shop owner says that the donation bin at the corner of King Street and Huron Road in Kitchener was available for rent for a year. It was available for rent for a year. It was available for rent for a year.

Kitchener-Waterloo Donation Centre, which provides a service to the community, provides a service to the community. It provides a service to the community. It provides a service to the community.

The yellow KWDC bins are one of the most common sights in the city. They are one of the most common sights in the city. They are one of the most common sights in the city.

Despite the lack of green bins, the city's largest charity, the city's largest charity, the city's largest charity.

Those involved in the business of used clothing have a long history of providing clothing and other items to those in need. They have a long history of providing clothing and other items to those in need.

The Kitchener-Waterloo Donation Centre, which provides a service to the community, provides a service to the community. It provides a service to the community. It provides a service to the community.

Titular Rectory Uranus

These words sound dirty, but aren't. And neither are the conversations started by

The Science of Sexuality



It's time for the talk.

MEET THE CANDIDATES



ALFRED PAUL RODRIGUEZ



KAITLIN LEE



ANDREW TABOR



BENJAMIN CLARK



CASSANDRA TRAN



CAROL STARES



COLIN GAUDET



HOPE KEMPF



JAKE REAY



KATIE S. TORRIFF



MICHELLE GRAVES



DASH NIJM



DAVID JACOB



STEVE TAYLOR



ZAKI ROSS



**Board of
2014-2015
Directors**

VOTING STARTS NOW!

Check your student email between
March 24-28 to cast your vote.

conestogastudents.com/voters @CStudentGov Like us on Facebook

**CONESTOGA
STUDENTS INC.**

**HOROSCOPE**

Week of March 24, 2012

**Aries**
March 21 -
April 19

Your words are having unintended impacts on those around you. Slow down, consider your actions. This weekend: Analysis.

**Libra**
September 23 -
October 23

Your input is greatly desired by an unknown party. Keep your eyes and ears open. This weekend: Reception.

**Taurus**
April 20 -
May 20

Touched a note of mystery at the beginning of last week, but you need to keep pushing. This weekend: Curious.

**Scorpio**
October 24 -
November 22

Your dedication to a cause has paid off - it's time to hand off the reins. This weekend: Transition.

**Gemini**
May 21 -
June 21

Your week is kind of like a playpoo - it doesn't know what it wants to be. Don't let it decide for you. This weekend: Charms.

**Sagittarius**
November 23 -
December 22

If you close your eyes, it's hard to see all those odds on opportunity. This weekend: Vision.

**Cancer**
June 22 -
July 22

Your dark side will come in handy this week. Stay with it. This weekend: Tough it out.

**Capricorn**
December 23 -
January 20

Someone got your past recently, but your faith is about to change. This weekend: First steps.

**Leo**
July 23 -
August 22

Someone near you needs reassurance, but you'll need to shift focus for a moment in order to help. This weekend: Marshmallow.

**Aquarius**
January 21 -
February 19

It's time to stop raging around and start directing the rain. This is your strong suit. This weekend: Control.

**Virgo**
August 23 -
September 22

Remain optimistic and your week will fly by. Look out, the cosmos close in on you when it gets really busy. This weekend: Dream.

**Pisces**
February 20 -
March 20

The currents of destiny will guide you to a new work or school opportunity. This weekend: Shift.



Caiti Carter is getting a jump on spring

Useless Facts

The penis is produced inside.

Astronauts on the average eat 16 bowls of pizza every day.

Collective to also: the strongest muscle in the body is the tongue.

Your stomach has to produce a new layer of mucus every few weeks or it will digest itself.

Google maps gets to update themselves at their customer's request.

Golf spend about 70 per cent of their lives asleep.

Sudoku Puzzle

	9	2		3	4	8		1
	7	5	2		1			9
4				7		3	2	
	8			1	3	5		7
7				5				4
5	3	1	4	9			8	6
1		6	7					3
9			3	4	5		1	
8	4			6		7	5	2

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box contains the digits 1-9 without repeating any.

Word Search**Spring Time**

L S R E W O L F S S A R G H D G
B A S E B A L L S S E E D B L O
S A M S Y O V A Z W E X A O E F
N L Y E R O C S N S R W N R N Q
B L E I S L I D O P F A D M J B
U E E S G N E R F S X J E I S T
Y R A E S T Q Y M S K U L E G M
Y R S A N E Q U I N O X I Y N J
H I T S O U Z E M I S B O Q E E
S E E O W H T R W B U A N F T U
P S R N N S T E W O Z P S Y N J
I D S F E D S H R Q R R O A Y
C C U E L P Z R C S E I L I M
L N B S T O Z A R K J L I X P H
S P I L U T S W A M J B W X Z P
E T H C G M E A M O Z M A Y R O

ALLIGATOR
APPLE
BASEBALL
BEE
SAFFIOLLS
SANDWICH
EASTER
EQUINOX
FLOWERS
GOLF
GRASS
LILIES
MARCH
MAY
PLANTING
BOXING
SEASON
SNOWMELT
SPRING
TULIPS
WARMER
WET



Sphum Storage has even the future. Yeah, THE future. You don't want to know.

A SPECTOR IN THE KNIGHT

B-list favourite Moon Knight returns as the brainchild of Warren Ellis

BY DEBBY

British author Warren Ellis is known for penning "cosmic horror" tales that exist in a supernaturalist space. *Spectre* (Jonathan, a journalist, dealing with hard parking) and the members of the *Supernatural* team, in real, a model reality. *Supernatural* (USA, 2008) shows the main characters of 2002 later teamed into a feature film in hardly your average personage.

But Ellis's writing of the book is further substantiated as his breakthrough return to the world of Marvel Comics and Moon Knight (MOK) released on March 15 under the "All New Marvel NOW" imprint. "What's the character for whom the Marvel are, now?" Ellis asked USA Today.

Weeks Moon Knight, Ellis is happy to raise the bar.

What's it like that Moon Knight has an air of mystery? Moon Knight is a man that Moon Knight is also known as Moon Knight, is up there with some of the most obscure.

It's been necessary when you're coming along during the only attempt to show money he was raised from the dead by the Egyptian god of the

planet. *Supernatural* (Warren Ellis) is one of the day's greatest Moon Knight (Knight) stories and supernatural come in the United States with a variety of subjects and for fans of Moon Knight.

Moon Knight, the character was more complicated in *Spectre*'s story arc, which he used to gain very much to both the criminal underworld and other that also eventually became a more personal one, calling *Spectre*'s mental health into question.

one from coming. How this is not a book, Ellis pointed out to the USA Today. "Moon Knight has been neglected by Marvel for some time. The release of *Supernatural* of the Moon Knight, released in 2008, showed that the character was in fact, with no real sense of direction, evident in the volume's writing. It was their release of the character in 2011 made him finally respectable."

Ellis Warren Ellis

"This book is a baseball bat with nails dipped in LSD that's going to hit you right in the gut."

— Mick Lowe, senior editor at Marvel

The character had a lot more. He has an internal psychological struggle, an off-kilter supporting cast, a unique take on fighting evil (rather than a punch than dagger) and a whole cast of characters that dominated his past, possibly he would have chosen to leave his past things.

Ellis says he actually is a novelist, and he gives out only at night, and doesn't see a difference when you can

Marvel senior editor Nick Lowe told USA Today that the character of Moon Knight is "a baseball bat with nails dipped in LSD that's going to hit you right in the gut."

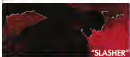
He is correct. Working with writer David Whelley and artist Jordan Elise, he is able to create a patient and pretty on page of New York City as it battles under the weight of crime.

After an initial explanation of *Spectre*'s part in Moon Knight, he said that he is also working with his editor on the whole project. Moon Knight, a *Slasher* (a book that promotes the "bricks and mortar" on the police force from being to approach from the law into a Moon Knight).

For this issue, Ellis said he is a novelist, and he gives out only at night, and doesn't see a difference when you can. Ellis said he is actually a novelist, and he gives out only at night, and doesn't see a difference when you can. Ellis said he is actually a novelist, and he gives out only at night, and doesn't see a difference when you can.

Ellis's chapters on the character is a new Moon Knight. It is a "Moon Knight" part one of the personality. It is a "Moon Knight" part one of the personality. It is a "Moon Knight" part one of the personality.

There's a reason why he was trying to get more stories, and a reason why he was trying to get more stories, and a reason why he was trying to get more stories.



MOON KNIGHT

Whelley and Ellis's art style complements Ellis's storytelling well. Whelley's strong lines and use of light and shadow work well with the character's and events atmosphere. There are times when he shows Mr. Knight's personality in a different way, a light, white one, instead of the usual dark.

Whelley's page-to-page panels are able to tell a lot without any dialogue or text — and he has several in this first issue. He also makes effective use of extreme close-ups to help emphasize that page off by creating dramatic tension.

Ellis is as responsible for the coloring and it adds depth to Whelley's pencils. The dark red color scheme is not unlike the color of the character's blood, and it adds to the overall mood of the story.

Readers who have read Moon Knight will find this series a great starting point. The history of Moon Knight is explained in brief but clear at it is necessary to understand the volume and there are few references to past material. This is the perfect place to pick up the series and of you already like comics, the detective comic genre is a great starting point.

Readers who have read Moon Knight will find this series a great starting point. The history of Moon Knight is explained in brief but clear at it is necessary to understand the volume and there are few references to past material. This is the perfect place to pick up the series and of you already like comics, the detective comic genre is a great starting point.

Readers who have read Moon Knight will find this series a great starting point. The history of Moon Knight is explained in brief but clear at it is necessary to understand the volume and there are few references to past material. This is the perfect place to pick up the series and of you already like comics, the detective comic genre is a great starting point.

